

# ***EMPLOYEES MUST WASH HANDS***



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1. After touching bare human body parts other than clean hands and clean exposed arms.
2. After using the toilet
3. After coughing, sneezing, using a handkerchief or tissue, using tobacco and eating or drinking
4. After handling soiled equipment or utensils
5. During food preparation, as often as necessary
6. When switching between working with raw and ready-to-eat food
7. Before donning gloves for working with food

**All Employees must wash their hands before leaving the restroom.**

**All Employees must wash their hand upon entering a food preparation area.**

**Food Employees must wash their hands and exposed portion of their arms in a handwashing sink and may not use a food preparation or warewashing sink.**

Montana Department of Public Health and Human Services/Food and Consumer Safety Section

# Stop Germs! Stay Healthy! Wash Your Hands

## WHEN?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

Keeping hands clean  
is one of the most  
important things we  
can do to stop the  
spread of germs and  
stay healthy.

## HOW?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** hands well under clean, running water.
- **Dry** hands using a clean towel or air dry them.



For more details  
on handwashing,  
visit CDC's Handwashing  
Website at  
[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)



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